



Using Carb Manager App

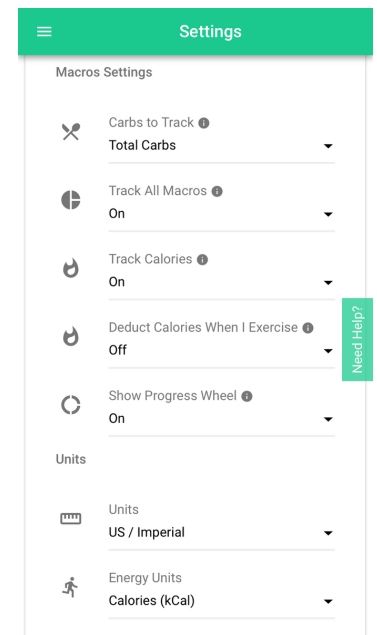


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The free version is perfect and really all you need. Follow instructions for making an account.

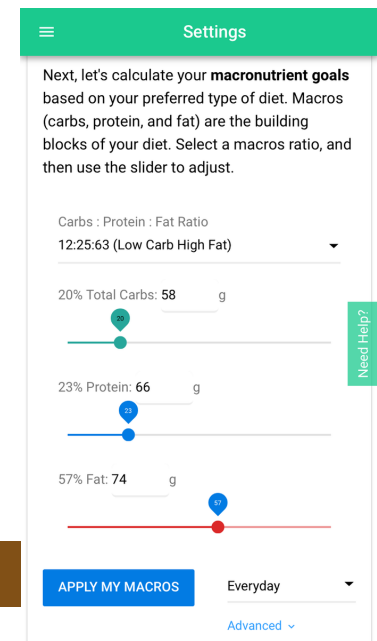
Establish goals under "Settings"

- Calories are not the focus right now, just keep the settings the app calculates for you.
- Match your setting to the picture on the right, "carbs to track" should be set to "total carbs".
- The rest of the settings are your choice, play around with them!



Establish goals under "Macros"

- Tap on "Carbs : Protein : Fat Ratio" and set to "low carb high fat" or you can customize your own goals you have in mind.
- The colored "bubbles" can shift around so you can set the numbers to something close to **20% carbs, 25% protein and 55% fat**.
- Everyone's grams will be different based on calorie goals and that's OK. Just keep carbs between 60-90 g daily. Fat and protein will adjust themselves.
- Click "Apply Macros" to set.



Start tracking & have fun!

- Use the "+" sign to add foods and drinks.
- Personalized recipes can be created for your favorites you eat often.
- Add everything before or just after you eat it to avoid forgetting!
- Track water & exercise if you like (don't eat the calories you burn).
- Don't stress about being perfect with numbers, just aim for the goals you set as best you can.
- Redirect yourself throughout the day based on your macro pie chart to keep yourself on track. If you max on carbs, eat more protein and fat foods.

